

WOLLONDILLY EXPRESS

Issue 40 - 18 August 2023

Weekly news across the Wollondilly Shire

\$2.00



» P 10

**Women's network
celebrate eight years**



**Dr Katrina and
the Wonderdogs
To attend Dilly
Doggy Day Out**

» P 4



**Menangle
man's
marathon
For Cystic
Fibrosis**

» P 8



**Tahmoor District Sporting
Complex**

**Officially
opens**

» P 17



**Matildas inspire
Picton Rangers FC**

» P 7

**Knights
teams
make the
finals**



» P 17

**Unfairly treated in a Will?
Left out completely?**

We can help you fight for what you deserve.



LAWYERS

Contact Paul Bartholomew in our Camden office today.

Call **4655 6410** or visit rmblawyers.com.au

Always where **you** are

80 Argyle Street, Camden



The Mac is here.

Here for you. Here for our community. Here to help.

It's better banking with a local



Camden | Picton | Tahmoor
themaccu.com.au | 1300 622 278

Macarthur Credit Union Ltd ABN 83 087 650 244 AFSL/Australian Credit Licence No 239933

New role for old post office



New co-working space at the old Picton Post Office.

The refurbishment of the Old Picton Post Office as a coworking space was officially opened on Monday by the Mayor of Wollondilly, Matt Gould.

It will be used as a community working space and coordinated by WorkLife, which operates such spaces in the regions.

Following significant damage due to floods and age, the building was restored with help from the Australian and NSW Governments.

The refurbishment includes:

- Complete building renovation.
- Reroofing.
- Upgrade of the existing kitchen.
- Upgrade the bathroom facilities to make them accessible.
- Installation of a smart access door system.
- A new steel emergency exit stairwell.
- Access ramp upgrade.
- A lift for disability access to the second storey.

"The Old Picton Post Of-



L-R: Kate Dezarnaulds from WorkLife and Emma Reedy, Department of Regional NSW, Member for Wollondilly Judy Hannan, Wollondilly Mayor Matt Gould, and Federal Member for Hume Hon. Angus Taylor.

ice holds a special place as the heart of Picton and I'm delighted to see it restored and ready to serve in the next phase of its life," Councillor Gould said. "Originally built in the late 19th century, it's an amazing adaptive re-use of such an historical building and it is now completely accessible and the perfect space for local business workers.

"The decision to repurpose the Old Picton Post Office as a coworking space is a strategic priority for council. By supporting the development of coworking spaces, the shire will attract and retain talent, create new jobs, and stimulate economic activity; and it's great to see the level of interest that's already been expressed in using the space."

Who is this?

Camden Police are seeking the assistance of the community to help identify the person in these images.

The person, who was driving the vehicle pictured, may be able to assist police in relation to an incident that occurred at BP Picton around 4.45pm on Thursday 6 July.

If you are able to assist at all, please call Narellan police station on 4632 4499 and quote E168668192.



SEPTEMBER 14
6AM - 10AM
VICTORIA PARK, PICTON



Southern Highlands Garden Services

We are here to help!



- What we do**
- Commercial & Residential
 - Small & Large properties
 - Lawn Mowing & Maintenance
 - Hedging & Pruning
 - Plant Fertilisation & Nutrition
 - Garden Waste Disposal
 - Irrigation
 - Mulching, Garden Care & Weed Control
 - Plant Pest & Disease Treatment.

Maintenance is the key!
Call now - 0413 727 730

Southernhighlandsgardenservices.com

WOLLONDILLY EXPRESS

Issue 40 - 18 August 2023

Cristian King
Editor
Angela Bell
Sub-editor
Peach Robb
Journalist
Virginia Gawler
Journalist

Emily Perkins
Journalist
Sky Carrall
Journalist
Ewan Kennedy
Motor Journalist
Chris Riley
Motor Reporter

Graham Kelly
Columnist
Christina Taylor
Photographer
Toni Whitelaw
Advertising Sales Manager
0415 991 480
Anja Edwards
Finance and Administration
anja@shexpress.com.au

Published by
ESPRESSO MEDIA PTY LIMITED
General enquiries
info@SHexpress.com.au
Editorial Enquiries
newsdesk@SHexpress.com.au
Advertising Enquiries
Toni Whitelaw - 0415 991 480

Distribution/Retailer Enquiries
Jessica Rauseo
admin@SHexpress.com.au
Office Address
24 Bowral Road, Mittagong
Postal Address
PO Box 684
BOWRAL NSW 2576

Wollondilly Express Newspaper fully supports the Advertising Code of Practice, which in accordance with our belief that the maintenance of high standards of advertising builds character and good business.

From the EDITOR



The PM's housing strategy announced on Wednesday has been welcomed by the property, trade union, housing and renting lobbies, although some have reservations. Angela Bell reports on page 9.

When the prosecutor in the Bruce Lehmann trial for the alleged rape of Brittany Higgins decided not to pursue a fresh trial (following a mistrial), due to Higgins' mental state, he wrote to the Commissioner of Police complaining about police handling of the case, and the ACT called its equivalent of a royal commission. Graham Kelly fills in some important legal blanks and keeps readers up to date on who is suing whom, in this ever changing saga. Read more on page 6.

Wollondilly Women In Business celebrated their 8th

birthday in style. Sky reports on page 10.

Six community groups have been awarded grant funding from the Stronger Communities Program, see opposite.

In sport news, the Knights men's and women's AFL teams have both made it to the finals, and the \$8 million Tahmoor District Sporting Complex has been officially opened. See page 17.

The Matildas had the nation on the edge of their seats during their FIFA Women's World Cup semi-final. Locally, the Matilda effect has been rubbing off on the girls at Picton Rangers FC. Sky reports on page 7.

Enjoy your week
Cristian King
cking@shexpress.com.au



Funds shared among grassroots groups

Representatives of the Warragamba Wombats Junior Rugby League Club with MP Angus Taylor

Wollondilly community groups are among 19 projects across the Hume electorate to share nearly \$150,000 from the federal government.

The funding has been allocated as part of Round 8 of the government's Stronger Communities Program.

Successful local projects include:

- Thirlmere Rural Fire Service - \$3,000 for office and training equipment.



Thirlmere Rural Fire Service will receive \$3,000 for office and training equipment

- Camden Rams Rugby League Club - \$13,000 for a new ride-on lawn mower.
- Menangle Men's Shed - \$2,500 towards new equipment.
- Camden Men's Shed - \$15,000 to lay a concrete slab as the foundation of their new workshop.
- Narellan Men's Shed - \$6,672 for the replacement of their centre lathe tool machine.
- Warragamba Wombats Junior Rugby League Club - \$14,000 for clubhouse renovations, including improved kitchen facilities, flooring and painting.

The Stronger Communities Program has budgeted to provide \$22.7 million in funding for small capital projects across Australia.

Each project receives up to \$20,000 and Round 8's focus

was on supporting communities to "recover from the widespread impacts of adverse weather events and current economic pressures".

Each group applied for funding through its local MP, in this case, the Member for Hume, Angus Taylor, who said all the groups had worked hard on their applications to secure the latest round of grants.

"It's so important that we have great places to come together, to socialise, be healthy and active in our local communities, and this funding will go a long way across our many towns and villages," Mr Taylor said.

For more information about the Stronger Communities Program, visit business.gov.au/grants-and-programs/stronger-communities-programme-round-8

By Emily Perkins

The annual Dilly Doggy Day Out is this Sunday in the off-leash park on Fairleys Road at the Picton Sportsground.

The popular community event first ran in 2018, went online during 2020 due to COVID, and returned face-to-face last year, when between 1,500 and 2,000 people took a long their furry friends. This year number is expected to be slightly higher.

The first special event is at 9am, with dog yoga led by Raewyn Fernandez. The class involves dogs in breathwork, movement and meditation.

All proceeds from ticket sales will be donated to the Wollondilly Shire Council Animal

Shelter and Goodwill Rescue, an organisation which helps dogs find homes.

Dr Katrina and the Wonderdogs will follow at 10am on the entertainment stage. Then, at 11.15am, Pawz and Me pet services will explain leash-pulling.

The Wollondilly All Breeds Kennel Club agility and obedience demonstrations will begin at 11am.

At 11.30am the judges - Wollondilly's Mayor Matt Gould and Dr Katrina - will announce the prize winners. Categories include best trick, best dressed and best lookalike.

To finish the day, at 12.15pm and 12.30pm Greyhound Rescue and Greater Sydney Land-

care will present information sessions about greyhounds and scent detection.

There will be market stalls, free microchipping, food outlets, instant photo booths for dogs, free face paint and balloon twisting, prizes, and giveaways available on the day. Attendees will also interact with dogs from the local animal shelter who are up for adoption.

The Dilly Doggy Day Out is sponsored by Bridget's Pet Services, a Wollondilly pet-sitting and walking service, and Kylie's Ko Country Retreat, a Wilton farm stay for dogs.

For more information visit: <https://www.wollondilly.nsw.gov.au/>

By Sky Carrall



An off leash dog day morning

Dr Katrina's Wonderdogs will be at the event



By Tanya Galwey

Wollondilly 5-day weather forecast

Saturday



Sunny today with south-westerly winds 20-30km/h.

Temperatures sitting between 12-17C.

Sunday



More sunshine is on the cards with light westerly winds.

Mild temperatures reaching to 18-23C.

Monday



A partly cloudy day is predicted with light north-easterly winds.

Daytime temperatures will remain moderate at 17-22C.

Tuesday



A mostly sunny day is forecast with light north-westerly winds.

Warm temperatures will span 18-23C.

Wednesday



A partly cloudy day today with a slight chance of a shower and light south-westerly winds.

Temperatures will range between 16-21C.



'State-of-the-art' children's services

Judy Hannan MP, Angus Taylor MP, Mayor Matt Gould, Cr Blair Briggs and Deputy Mayor Matthew Deeth with children from Wollondilly preschool.

The \$5 million Wollondilly Children's Services Building was officially opened on Monday 14 August by Wollondilly's Mayor, Matt Gould.

The new "state-of-the-art" building - part of the Wollondilly Cultural Precinct - houses four services: Wollondilly Preschool, Family Day Care, School

Holiday Care and Before and After School Care.

"The building is already being enjoyed by many of our local families, and this was a great opportunity for our funding partners to see the finished product and the kids in action," Councillor Gould said.

"We appreciate the funding by the Western Sydney City Deal

and Start Strong Funding - NSW Department of Education to make this project possible."

The Children's Services Building project was co-funded by Wollondilly Shire Council under the Western Parkland City Liveability Program which is part of the Western Sydney City Deal.

By Emily Perkins



Australia Day nominations open

Nominees for the 2023 Local Hero-Community Group and Disability Inclusion awards, One Stop Community Assistance

The Wollondilly community can now nominate "amazing" individuals and community groups that deserve to be recognised in the 2024 Australia Day Awards.

Each year the shire council celebrates Australia Day in Picton Botanic Gardens.

The event includes welcoming new citizens during the citizenship ceremony, recognising the contributions of local residents through the awards ceremony and a morning of "fun family-friendly activities" including a free barbecue.

The nomination categories are Citizen of the Year, Young

Citizen of the Year, Environmental Citizen of the Year, Achiever of the Year (open age), Sportsperson of the Year (open age), Local Hero - Individual, and Local Hero - Community Group, and Disability Inclusion Award.

To nominate a person or community group, go to: <https://www.wollondilly.nsw.gov.au/events-and-community-annual-events/australia-day/>

If a business or community group would like to participate as a stallholder, they must submit a Stallholder Expression of Interest Form, also available at the above link.

By Emily Perkins

Artists and Artisans: Illuminate Needs You



Southbound xo are the headline act at the Music Festival, described by Triple M County as "AUS-Country's Hottest Supergroup."

Entries or expressions-of-interest are now open for participants in three activities to mark the "Illuminate Festival of Art and Light" in Picton from 15 to 17 September.

Artists from the Wollondilly, Wingecarribee, Macarthur and Southern Tablelands regions are invited to submit entries for the Illuminate Art Exhibition, which is coordinated by the Wollondilly Arts Group.

A PDF entry form can be

downloaded at <https://tinyurl.com/y7ktbdc> and digital works should be emailed to dcre8ive@bigpond.net.au

Expressions of Interest are now open for the Illuminate Artisan Markets, from artists, artisans and craftspeople from Wollondilly, Wingecarribee and the Macarthur Region to display and/or sell their goods in the Wollondilly Shire Hall on Saturday 16 September.

For details or how to book a stall, contact Rob Dalton 0407

708 663, dalton@bigpond.net.au or www.wollondillyartistsgroup.com.au

Picton businesses can participate in "illuminate" by entering the Window and Shop Display Competition.

This year the theme is "Pink, Yellow and Blue" and entrants are urged to "use one, two or all three of the colours to be as creative as possible".

They can win local business vouchers. First prize is \$500, and second prize \$250.

OVER 25 YEARS' EXPERIENCE IN THE INDUSTRY

ALL IN Gate Motors

AUTOMATED SWING & SLIDING GATES

4811 5700

- FULLY CUSTOM MADE GATES • RESIDENTIAL, COMMERCIAL & INDUSTRY WORK
- INSURANCE WORK • SERVICE EXISTING SETUPS • SOLAR & MAIN POWER AUTOMATION



Call Nelson on 0449 295 325 or Amy on 02 4811 5700 or simply email amy@allingatemotors.com.au for more info

www.allingatemotors.com.au

Enforcing alcohol limits might have averted an unending disaster



Bruce Lehrmann is suing Network 10, the ABC and told CH7 that he will claim millions in compensation against the ACT Government.

Enforcing alcohol limits might have averted an unending disaster

Bruce Lehrmann has not been convicted, and maintains his innocence, of raping Brittany Higgins while she was drunk in Linda Reynolds' ministerial suite in Parliament House.

A few surrounding issues:

First, how come the trial was conducted under ACT law when the allegations relate to conduct in Parliament House? (The Constitution says the Commonwealth has exclusive power to make laws for "the seat of government" and

What next happened (or didn't happen) when Higgins, Reynolds and Reynolds' secretary met to discuss the incident is disputed. Higgins says she told Reynolds she had been raped; Reynolds denies this. In any event, Reynolds didn't report any such allegation to law-enforcement authorities.

This is an important issue: a former Governor-General was forced to resign because he failed to report allegations of sexual assaults made to him when Archbishop of Brisbane. "What's sauce for the goose is sauce for the gander."

The trial didn't unfold without unusual controversy. It emerged that Reynolds' partner attended in the public gallery. Reynolds was a potential witness, who should not be privy to earlier evidence; she denies he communicated proceedings to her. We should be able to feel confident that those who become senior ministers have basic understandings of the protections afforded by our system of justice and that, consequently, Reynolds ensured she remained immunised from what was happening in the case.

The judge handled all the usual issues apparently correctly, including that jurors must make their decision based exclusively on the evidence they have heard in the court. She repeated this mandatory instruction 17 times.

The jury retired (but under ACT procedure wasn't "sequestered", i.e., quarantined, as in many other jurisdictions). After some days during which the jury couldn't reach unanimity, an official found one of them had brought into the jury room an article containing accounts of false rape claims against men.

Justice McCallum discharged the jury. She admonished the culprit but said he hadn't breached any ACT law. She was wrong. He was certainly guilty of "contempt of court" (by breaching her instructions); and probably also of "attempting to pervert the course of justice".

The saga continued. The DPP decided not to pursue a fresh trial, due to Higgins' mental state. He also wrote to the Commissioner of Police complaining about police handling of the case.

The ACT called its equivalent of a royal commission. Governments calling inquiries into prosecutions need to traverse a fine line with great care. Independence of prosecutorial functions is an important bas-

tion against authoritarian rule.

Counsel for the former DPP, Mark Tedeschi KC, said his submission about the approach adopted in the police inquiry was to show how bizarre it was. He suggested it was "emblematic of a deeper problem in the AFP", adding "250-something matters that [have] been, in effect, just ignored by the police".

The Commissioner specifically found the DPP was "right to file an indictment". However, the Commissioner found the DPP "lost objectivity and did not act with fairness and detachment".

To do so, is a requirement under Australian law. It is not an imperative commonly followed by American prosecutors. The #MeToo movement undoubtedly believes prosecutors should be advocates.

The Commissioner trenchantly criticised various aspects of the DPP's conduct. The DPP resigned, his career in tatters.

At this stage, one might hope the farrago had ended. No, the Commissioner, a former Queensland judge, gave a copy of his report to "The Australian" the day before he gave it to the ACT Government! Outrage



Linda Reynolds is suing Higgins for defamation over a social media post accusing her of harassment.



Reynolds is also suing Higgins' fiancé David Sharaz. Photo: NCA NewsWire/Gary Ramage

Higgins was given a secret compensation payment of up to \$3 million, claiming she was "medically unfit" for work and would lose 40 years' of wages. In July, she started a new role at the United Nations, devoted to ending discrimination against women.

tion against authoritarian rule.

Counsel for the former DPP, Mark Tedeschi KC, said his submission about the approach adopted in the police inquiry was to show how bizarre it was. He suggested it was "emblematic of a deeper problem in the AFP", adding "250-something matters that [have] been, in effect, just ignored by the police".

The Commissioner specifically found the DPP was "right to file an indictment". However, the Commissioner found the DPP "lost objectivity and did not act with fairness and detachment".

To do so, is a requirement under Australian law. It is not an imperative commonly followed by American prosecutors. The #MeToo movement undoubtedly believes prosecutors should be advocates.

The Commissioner trenchantly criticised various aspects of the DPP's conduct. The DPP resigned, his career in tatters.

At this stage, one might hope the farrago had ended. No, the Commissioner, a former Queensland judge, gave a copy of his report to "The Australian" the day before he gave it to the ACT Government! Outrage

at the ACT Government! Outrage

Matildas inspire Picton girls



Female buddy training night at Picton Rangers held during Female Football Week in May

Around 70 members and friends of the Picton Rangers football club gathered at Picton Bowling Club for a live viewing of the Matildas vs England FIFA Women's World Cup semi-final match on Wednesday 16 August.

The game kicked off at 8pm in a nail-biting semi-final, which ended with the Matildas losing to England 3-1. Though the loss knocked Australia out of the World Cup final, the Matildas will play Sweden for third place at 6pm on Saturday.

Sonya Feeney, a committee member of Picton Rangers FC, attended the live viewing where she described the atmosphere as "extremely excited and nervous".

"Just to hear to the roar when Sam Kerr got that goal, the roar around the room was so exciting," she said. "We're all very passionate about soccer in general, and then encouraging the girls as well was great."

Ms Feeney said it was special to see the Matildas as role models for young girls and boys. She hoped it would lead to more young girls getting involved with the sport next season.



Picton Rangers FC gathered to watch the Matildas at Picton Bowling Club

"You've got boys now wanting to be female players in the school yard - they are talking about it and that's special," she said. "They know the names of the female players and they aspire to be female football players as well as male players."

"When we were young, we didn't think women could make a career out of it. But the girls these days have seen that it's possible."

The Picton Rangers have increased female participation with "girls-only soccer sessions" (GOSS) to boost skills and hosting a female buddy training night in May, when younger girls were paired up with older mentors.

The club has 117 female players - nine all-girl teams playing in all-girl competitions, four mini-girls' teams, four

junior teams, and an all-ages ladies' team.

Three out of four of the junior girls' teams will play in the current Macarthur Football Association season's semi-final. The under-12 division one team has already finished at the top of their ladder.

In the coming season, Picton Rangers FC aims to introduce a four-week Miniroos program for young girls to continue boosting their skills and participation in the sport.

On Wednesday night, locals gathered at Victoria Park in Picton to watch the World Cup semi-final. The Picton Magpies and Wollondilly Shire Council hosted the screening.

For more information about the Picton Rangers FC visit <https://pictonrangersfc.com.au/>

By Sky Carrall

FREE brekkie for R U OK Day



A free breakfast for employees of local businesses is being held on Thursday 14 September from 6am to 10am in Victoria Park on Menangle Street, Picton.

The Dilly Business Brekkie aims to celebrate local businesses while providing mental health and wellbeing education to local workers who will be attending, also allowing for them to connect with local health and wellbeing support services.

The breakfast is being hosted by Wollondilly Shire Council, Picton Chamber of Commerce, the office of Judy Hannan MP and The Rapid Relief Team.

Wollondilly's Mayor, Matt Gould, said the event was an opportunity for local businesses to take time to focus on ensuring workers had the resources to facilitate conversations among co-workers.

"I encourage you to grab your colleagues and team members and drop in on your way to work for a free hot brekkie, coffee or tea and pastries," he said.

Ms Hannan said she was proud to facilitate a shared space for local workers to connect with each other.

"With one in five Australians affected by mental illness each

year, it really is the silent invisible pandemic and R U OK? Day is another opportunity to bring this issue to light," she said.

"With over half of those affected by mental illness in Australia untreated, we need to ensure services are wide-reaching, and work in partnership with existing channels."

Attendees who register in advance for the breakfast will go into a draw to win prizes from the local organisations BP Picton, Hippy Luxe, Peak Nutrition, Picton Hire, That Office Place, Vale Tudo Training Picton, Wollondilly Shire Council and Wollondilly Tours.

R U OK? Day aims to encourage people to start conversations and connect with others who may be experiencing hardships. According to the Australian Bureau of Statistics, in 2020 an average of eight people a day took their own lives.

R U OK? Day spends funds raised on resources for education about how to recognise distress and initiate conversations to help those in need.

Community organisations can register for the event by visiting <https://dilly-brekkie.eventbrite.com.au/>

By Sky Carrall



Your Trusted Legal Partners in Picton

Discover top-tier legal services right here in Picton, tailored for you. With over 20 years of dedicated service, Our Lawyers stand by your side, providing clarity, guidance, and effective solutions.

Why Choose Our Lawyers?

- Approachable Professionals: We speak your language, no legal jargon.
- Wide-ranging Expertise: From family matters to business transactions.
- Navigating Complexity: We simplify, you understand.
- Informed Decisions: Get the insights you need for choices that matter.

Contact Our Lawyers today. Your legal matters are safe in our hands. Your Picton legal partner, always.

Suite 13e, 150-158 Argyle Street, Picton NSW 2571

www.ourlawyers.com.au

(02) 4715 1069

Our legal services include:

- Family Law
- Wills & Estate Planning
- Estate Disputes
- Property & Conveyancing
- Commercial & Retail Leases
- Probate & Estate Administration
- Retirement Law
- Commercial Law
- Employment Law



[f @OurLawyersNSW](https://www.facebook.com/OurLawyersNSW)

[@ourlawyers](https://www.instagram.com/ourlawyers)



Knit and yarn at the library

A knit and yarn session is held from 11.15am to 12.30pm on the fourth Friday of each month in the View Room at the Wollondilly Library.

Beginner knitters and crocheters are welcome to join the sessions, which can accommodate up to 20 participants. Currently there are around eight regulars.

The knit and yarn group has been meeting at the library for more than eight years. The differing levels of knitting experience and expertise have allowed for the exchange of ideas and learning from one another, a council spokesperson said.

"The program provides an opportunity to make friends in the community in a welcoming environment and in turn reduce social isolation," the spokesperson said. "It provides a creative outlet with like-minded people and an opportunity to intentionally prioritise making and craft, and is a great opportunity to have a chat over

a cup of tea and a biscuit." No bookings are needed, and attendees can take along their current knitting or crochet projects or start new ones, as long as they bring their own needles and yarn.

In addition to the knit and yarn group, the Wollondilly Library also hosts a CWA craft circle, an open-ended group. It meets on the second Monday of each month as a drop-in group and has around 15 regulars.

During Adult Learners' Week, on Monday 11 September, there will be a CWA craft session using chicken scratch to create an embroidered tablecloth. Bookings will be required for that session.

For more information, visit <https://www.library.wollondilly.nsw.gov.au/events/knit-and-yarn/>

To book for the Adult Learners Week craft circle meeting, visit <https://www.library.wollondilly.nsw.gov.au/events/chicken-scratch-embroidery-workshop-cwa-craft-circle/> By Sky Carrall

WIN a \$200 gutter cleaning voucher

BE BUSHFIRE READY INFO SESSION

9am to 12noon | Sunday 20 August | Bean2Bargo

- Drop in & have a chat with your local Bargo RFS team.
- Enjoy a great coffee on us!
- Activities for kids.
- Be in the draw for a \$200 gutter cleaning voucher.

Participants each receive a \$5 coffee

For event enquiries call 0888 629 783 or email info@wollondillyrfs.com.au



Volunteering is its own reward for local author

Marjo Hollowell has been nominated for the Macarthur Volunteer of the Year Award, pictured at the launch of her book, Bargo 200 Years in the Making.

The 2022 Wollondilly Citizen of the Year, Marjo Hollowell, has been nominated for yet another award: Volunteer of the Year, at the 2023 Western Sydney/

Macarthur Volunteer of the Year.

The ceremony is set to take place on 31 August at a Campbelltown venue yet to be announced.

Ironman hopes he'll be beaten and broken



Menangle's Layne Storrier will be doing 36 half-ironman's in 36 days for Cystic Fibrosis

Menangle born and raised, Layne Storrier, will be doing half-ironmans on 36 consecutive days from September 1 to raise money and awareness for Cystic Fibrosis (CF) Australia.

The challenge, Breaking Barriers for Cystic Fibrosis, will take place in Brisbane.

More than 3,600 Australians live with CF, a genetic disorder which affects the lungs and digestive system and significantly reduces life expectancy.

Twenty-four-year-old Layne is nicknamed "Layneo Insaneo" for pushing his body to the limit. He hopes to achieve the world record for most half-ironmans while supporting a cause close to his heart.

"I have a great friend of mine, Bradley Dryburgh, that was diagnosed with CF when he was three weeks old," Layne said. "Learning about the struggles and hardships Brad and his family went through - living with CF day in and day out - made me question why, at the age of 23, I had no idea what CF was.

"I felt that the community of people living with CF needed to be talked about more, and I

wanted to try and raise some much-needed awareness on this topic."

The challenge will see Layne do a total of 68.4 kilometres of swimming, 3,240km of cycling and 759.6km of running.

The Express asked him what he was looking forward to when his body is beaten and broken, Layne said. "Because at this stage of the challenge I get to find out what I'm made of; and I truly believe we learn the most about ourselves in difficult situations, and I know there won't be a chance that I give up."

He said the toughest component will be in the water, as he has never liked swimming and still struggles: "It's the only place where there is complete silence of just you, and your mind trying to get you to stop.

"There'll be days when I'm going to struggle, but as soon as I think back to why I'm doing this and what I want out of it, I'll be able to get myself up and keep going and keep pushing...there's a reason be-



Ambassador of Cystic Fibrosis Australia and Mr Storrier's friend Bradley Dryburgh

hind me doing this and it's a bigger reason than myself."

Layne's mother, Allana Storrier, told the Express he was "100 per cent" a go-getter.

"Once he makes his mind up that he wants to achieve something, he puts 100 per cent effort in to get to his goals," she said. "I'm very proud.

"It will really test his mental and physical endurance, but I feel confident that he should be able to achieve his goal, as he is very determined."

Mrs Storrier encourages everybody to get behind her son and support with donations to help CF Australia.

His goal is to raise \$100,000. For more information and to donate, go to <https://www.cysticfibrosis.org.au/breaking-barriers-for-cf/#>

Donations support life-changing research, improve clinical practice and patient outcomes, increase awareness and advocacy, and help increase quality of life and life expectancy as well as the ongoing search for a cure.

By Emily Perkins

Ms Hollowell, a historian and author of "Bargo 200 Years in the Making" released last November, told the Wollondilly Express she looked forward to meeting and sharing with the other nominees at the ceremony.

She said while her motivation for volunteering was not to receive recognition, she was honoured to be nominated.

"Anyone can volunteer, and I encourage everyone to give it a go," she said. "The beauty of this is that you choose where or when you wish to volunteer doing what you enjoy.

"You reap the rewards knowing that you can make a difference and generally meet like-minded new friends along the way."

Marjo Hollowell has been involved with multiple organisations and initiatives in the region. In the past year these have included the Great Cycle Challenge, Picton Rotary's U Turn the Wheel, the Picton Show, Owlween, the Backyard Bird Count, Clean Up Australia Day in Bargo, CWA Tulip Time in Bowral and starting up a Bargo History Group.

Most recently she has signed up grandsons aged ten, eight, and six for the Great Cycle Challenge, which supports the Children's Medical Research Institute (CMRI).

The team, AwesomeKids4kids, have participated in the cycling challenge for over five years and throughout that time they have raised over \$25,000 for the CMRI. Ms Hollowell is currently seeking donations for the upcoming challenge (see below).

Samuel Gee is among her other initiatives are setting up a campaign to see all Wollondilly automatic external defibrillators registered on



Marjo Hollowell representing team AwesomeKids4kids in the Great Cycle Challenge.

the NSW Government official register.

Ms Hollowell even volunteered to be an extra in the 2023 film "The Appleton Ladies' Potato Race", which was filmed in Robertson.

"Volunteering is easy, and it is very rewarding," she said. "I like to think I do whatever I can, whenever I can and for whoever I can. I believe it is important to keep active in my retirement, and if I can help others, all the better."

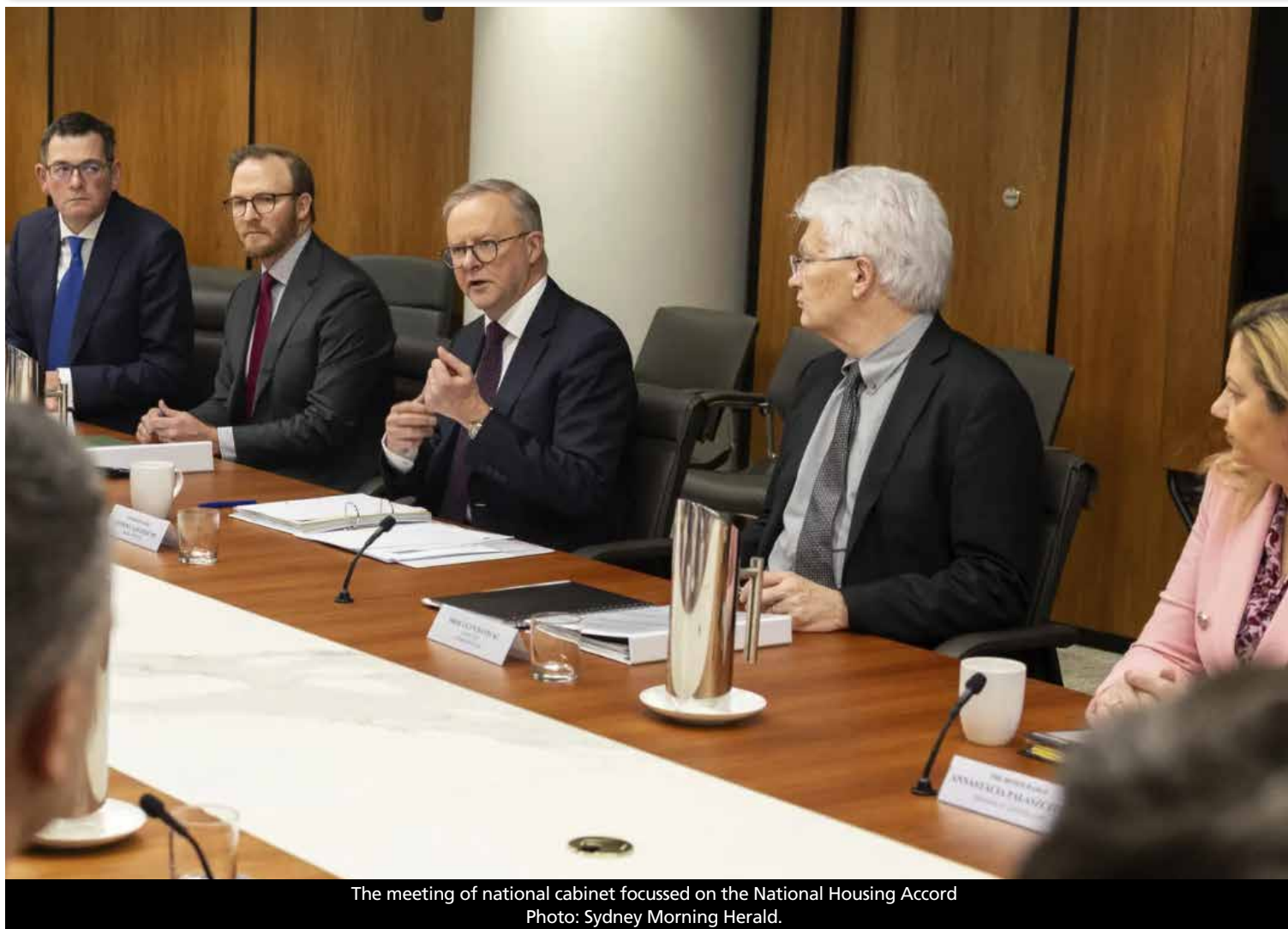
Ms Hollowell's previous awards include the inaugural Wollondilly Women in Excellence Awards Patron and Woman of the Year in 2020, Wollondilly Shire Council Citizen of the Year 2022, and the NSW Government Local Woman of the Year for Wollondilly in 2023.

To sponsor Marjo Hollowell's team in the Great Cycle Challenge visit: <https://greatcyclechallenge.com.au/Teams/awesomekids4kids>

The awards will be announced during a luncheon at the Campbelltown Catholic Club on 11 September from 1pm-3pm.

By Sky Carrall

Housing strategy welcomed by all sectors



The meeting of national cabinet focussed on the National Housing Accord Photo: Sydney Morning Herald.

The National Cabinet has set an ambitious new national target to build 1.2 million new well-located homes over five years from 1 July 2024. The pledge adds 200,000 new homes to the National Housing Accord target agreed by states and territories last year.

The target will be supported by the Housing Support Program, a \$500 million competitive funding program for local and state governments to kick-start housing supply through targeted activation payments for things like connecting essential services, amenities to support new housing development, or building planning capability.

"Connecting to sewerage, connecting to water, connecting to energy supplies. In short, upfront money to get housing moving quickly," the Prime Minister, Anthony Albanese, said.

National Cabinet also agreed to a National Planning Reform Blueprint which includes updating state, regional, and local strategic plans to reflect housing supply targets; promoting medium- and high-density housing in areas close to existing public transport connections, amenities and employment; and streamlining approval pathways.

First Ministers also agreed to develop a principles-based, multi-year planning model for migration, to improve collaboration with states and territories on migration settings.

Greater renters' rights were part of the strategy, including moving towards national

- consistency on:
- Genuine grounds for evictions.
 - Limiting rental increases to once per year.
 - Banning rental bidding.
 - Permitting lease breaks without penalty in instances of domestic or family violence.
 - Limiting lease break fees.
 - Reasonable minimum rental standards.
 - Making rental applications easier.
 - Considering better regulation of short-stay accommodation.
- Among those who welcome the program was Linda Scott, president of the Australian

Local Government Association (ALGA), who said it would enable councils to build more liveable communities. However, she was disappointed that local government had not participated in the National Cabinet's deliberations in Brisbane.

"We are delighted the government has heard our call for more investment in vital infrastructure that will enable new housing developments," she said. "We can't fix the housing crisis by just building more homes; we have to invest in the amenities and local infrastructure necessary for strong, healthy communities."

She also welcomed the announcement of further support for built-environmental professionals: "ALGA's research shows there is a severe shortage of skilled planners in local government, and we need increased investment to facilitate streamlined housing approvals and strategic planning to identify new growth areas."

The Property Council of Australia welcomed the commitments to boost housing supply and choices for buyers and renters, as well as reform migration and city planning. The Property Council has long-championed national competition-style payments

able new housing supply." In a joint statement, the convener of Labor for Housing, Julijana Todorovic, and the National Secretary of the CFMEU Construction & General Division, Zach Smith, said: "This National Cabinet announcement on housing is welcome and is to be congratulated. The Albanese Government has clearly listened to the CFMEU and Labor For Housing's calls for stronger housing policy and greater investment.

"We're delighted to see the announcement of better planning laws which support inclusionary zoning, so social and affordable housing devel-

opments don't get pushed to the fringes of our major cities. "It is fantastic to see strong rental reforms, particularly no-fault evictions, that will make a significant difference to the rights of renters. Likewise, the focus on urban densification to boost housing in existing centres where there is established infrastructure rather than simply continuing urban sprawl is welcome."

However, Mr Smith said his union would continue its "End the Housing Crisis, Tax Super Profits" campaign. "Our research has shown us we need to be building 52,600 dwellings each year between

now and 2041 to keep up with demand," he said. "This will require an investment of \$11 billion, or \$28 billion per annum. An economy-wide super profits tax could raise \$260 billion over the next decade and considerably more in the decade after that."

The chief executive of the Property Council, Mike Zorbas, welcomed the commitment to strategic and sustainable planning, which accounts for population growth and aims to be agile, accountable and coordinated at the state and territory level.

The Property Council has long-championed national competition-style payments for states that succeed at city planning and housing supply performance.

"National Cabinet is tackling our housing supply deficit in a coordinated way for the first time in a long time. It is taking a big picture approach to housing supply improvements that, if successful, will boost access to housing for all Australians," Mr Zorbas said.

"The New Home Bonus, the Housing Support Program, the National Planning Reform Blueprint, the Social Housing Accelerator and the rental deal strike a sensible balance in progressing toward affordable new housing supply."

In a joint statement, the convener of Labor for Housing, Julijana Todorovic, and the National Secretary of the CFMEU Construction & General Division, Zach Smith, said: "This National Cabinet announcement on housing is welcome and is to be congratulated. The Albanese Government has clearly listened to the CFMEU and Labor For Housing's calls for stronger housing policy and greater investment.

"We're delighted to see the announcement of better planning laws which support inclusionary zoning, so social and affordable housing devel-

opments don't get pushed to the fringes of our major cities. "It is fantastic to see strong rental reforms, particularly no-fault evictions, that will make a significant difference to the rights of renters. Likewise, the focus on urban densification to boost housing in existing centres where there is established infrastructure rather than simply continuing urban sprawl is welcome."

However, Mr Smith said his union would continue its "End the Housing Crisis, Tax Super Profits" campaign. "Our research has shown us we need to be building 52,600 dwellings each year between

now and 2041 to keep up with demand," he said. "This will require an investment of \$11 billion, or \$28 billion per annum. An economy-wide super profits tax could raise \$260 billion over the next decade and considerably more in the decade after that."

By Angela Bell

'We can't fix the housing crisis by just building more homes.'

Linda Scott, ALGA.

Local Government Association (ALGA), who said it would enable councils to build more liveable communities. However, she was disappointed that local government had not participated in the National Cabinet's deliberations in Brisbane.

"We are delighted the government has heard our call for more investment in vital infrastructure that will enable new housing developments," she said. "We can't fix the housing crisis by just building more homes; we have to invest in the amenities and local infrastructure necessary for strong, healthy communities."

"We are delighted to see the announcement of better planning laws which support inclusionary zoning, so social and affordable housing devel-

opments don't get pushed to the fringes of our major cities. "It is fantastic to see strong rental reforms, particularly no-fault evictions, that will make a significant difference to the rights of renters. Likewise, the focus on urban densification to boost housing in existing centres where there is established infrastructure rather than simply continuing urban sprawl is welcome."



WWIB president and founder Michelle Legg

Women's network celebrate eight years

The Wollondilly Women in Business Network (WWIB) celebrated its eighth birthday at Vaby's Restaurant in Picton on Tuesday night.

Nearly 70 local businesswomen were there, according to WWIB's founder, Michelle Legg: "Vaby's Restaurant Picton was filled with the warmth of many women in business. Leadership and community a buzz of excitement filled the room."

Foundation members were honoured for their eight years of service.

"Local business members Vixon & Vamp burlesque dance school performed and were the inspiration of many in attendance, proving that all women can feel empowered and free to express their inner creativity and individuality," Ms Legg said.

A significant achievement of the WWIB network included being the inaugural winner of the 2022 Australian Women's Business Champions Awards. It has been nominated again this year.

A recent highlight was the launching of the network's new website and working with the local marketing service RubyOnyx to rebrand its social media.

Ms Legg said the network had "come a long way" from where it started, with its board now

boasting a cross-section of experience in corporate, government and small business leaders.

She said that since starting WWIB, members past and present had often told her that they had made lifelong friends and expanded their networks.

"WWIB has come long way from a Facebook group, now grown into an organisation boasting just under 200 members representing family and individually owned businesses and community representatives," Ms Legg said.

FREE WORKSHOPS

WWIB has partnered with South32 Illawarra Metallurgical Coal to set up free Business Bricks workshops for locals.

The workshops are part the network's Wollondilly Empowerment Project and are not restricted to women.

Owners of established businesses or start-ups are welcome to "build on and in your business" through learning, refreshing or increasing foundational knowledge, while enhancing existing skill sets.

Nine subjects will be split into three areas of study throughout September and October.

Business Basics: Finance, Insurance & Legal (Tuesday 19 September); Branding & Effective Marketing (Thursday 21 September); and Communication & Collaboration (Tuesday 26 September).

Business Management: Human Resources - How to find and hire the right staff (Thursday 5 October); SWOT Analysis & Goal Setting (Tuesday 24 October); and Management vs Leadership (Thursday 28 September).

Business Smarts: Harnessing transferable skills (Tuesday 10 October); Focus & Strategy (Tuesday 3 October); and Networking & Business Relationships (Tuesday 17 October).

The venue is yet to be confirmed.

Those who register and attend Business Bricks can receive a one-year free membership of WWIB; and for each workshop attended, participants will receive an entry into the draw to win a \$250 Visa card.

One eligible person who undertakes the project will win a Business Boost worth \$1,000 (conditions apply).

Numbers are limited, for more information and to register, go to forms.gle/dja6yb-syaqabzppf8

WWIB is an established network that provides a range of opportunities for its members to promote and grow their business while building firm, personal connections.

By Sky Carrall and Emily Perkins

For more information, visit <https://www.wwib.com.au/>

Fee-free TAFE landscaping course



Locals can learn landscaping skills for free

Locals who are interested in completing a free Pre-Apprenticeship Course - Introduction to Landscaping are encouraged to submit an expression of interest to TAFENSW.

Moss Vale TAFE, supported by IllawarraYES, is running an eight-week short course on landscaping that can help fast-track participants towards an apprenticeship in the in-demand sector.

Under the guidance of seasoned professionals, students will learn how to create stunning

landscapes, master essential techniques and hone skills. The hands-on and interactive training is a first step towards a full qualification.

The nationally recognised training will commence on 20 October and run on Fridays from 9am to 1pm and is subsidised by the NSW Government.

The units of competency that students will receive are constructing landscape features using concrete, contributing to work health and safety processes and erecting timber structures and features.

The course is a pathway to further study in Certificate III Landscape Construction.

Those eligible are people aged 15 and above who are no longer at school, who live or work in NSW and are Australian or New Zealand citizens, permanent residents or humanitarian visa holders.

To submit an expression of interest, go to <https://tinyurl.com/4keppryk>

For more information, contact timothy.dally1@tafensw.edu.au

By Emily Perkins

THE NEW WAY TO AGIST!



Are you scaling back your farm operations or looking to retire but don't want to leave the farm? Or have you bought a farm but need some guidance on livestock before you jump in?

Benefits of using Agist It:

- Wider reach of graziers
- Your privacy is protected
- Customised written contract included
- Monthly invoicing & payments included
- Ongoing Support
- More flexible than leasing
- No upfront costs - No contract, no charge.

Call Stuart on

0413 977 919 or

email us on stuart@agistit.com.au

Find us on www.agistit.com.au



FM0809207

Are you prepared for the bushfire season?



Neighbourhood Watch Wollondilly is holding a "Be Bushfire Ready" information session at the Bean-2Bargo Cafe this Sunday from 9am to 12pm.

The Bargo Rural Fire Service will be available for a chat and will discuss the following topics: your bushfire survival

plan; how to prepare your home and property; evacuation and local places of last resort; what emergency apps you should have; new fire ratings, and more.

There will be activities for children, and participants will receive a free coffee.

The event is funded by

Greater Sydney Landcare and the Southwest Sydney Koala Project. It is also supported through the government recovery and resilience fund.

For inquiries, call 0408 579 781 or email nhw.wollondilly@outlook.com

By Emily Perkins



WE ARE A LOCAL MANUFACTURER OF HIGH QUALITY AUSTRALIAN MADE ALUMINIUM WINDOWS & DOORS.

We'd love the opportunity to provide you with a competitive quote on your next project.

Call or drop us an email to schedule an appointment with one of our Sales Consultants.

02 4822 5599

sales@millenniumwindows.com.au



[millenniumwindows.com.au](https://www.millenniumwindows.com.au)

SHOWROOM: MILLENNIUM WINDOWS & DOORS, 101 ROBINSON ST, GOULBURN



ANIMAL ENCLOSURE

2000MM x 2000MM x 1800MM HIGH

\$450.00

MAKE IT BIGGER 2000MM x 4000MM

EXTRA PANELS \$110 EACH

PRICES INC GST



4868 1211

3 Old Dairy Close,

Moss Vale

Ph: 4868 1211

27-29 Endurance Ave,

Queanbeyan

Ph: 6298 4999

12 Cumberland Ave,

South Nowra

Ph: 4422 7788

independentsteelcompany.com.au

FM0802383



ON DISPLAY: CLADDING, BATTENS, DECKING, FENCING, SPLASHBACKS AND MORE!

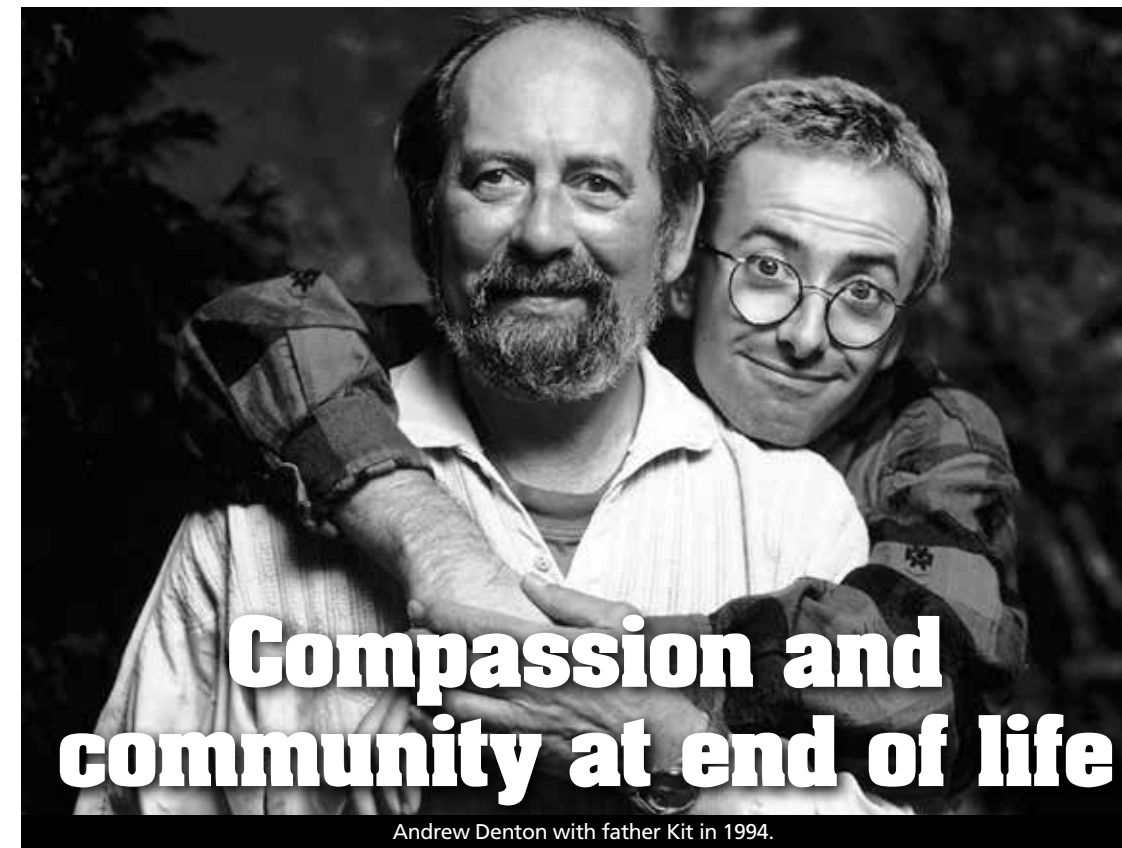


Discover DECO Australia's huge range of Australian-made and fire-safe aluminium building products, including the leading Super Durable™ DecoWood® finish, at the newly opened DECO Innovation Centre.

DECO Innovation Centre, 67-77 Airds Road, Minto



DECO.NET.AU | (02) 9603 1888



Compassion and community at end of life

Andrew Denton with father Kit in 1994.

Early research suggests that end-of-life care produces more positive outcomes when community networks collaborate with healthcare services. The Western Australia-based South West Compassionate Communities Network has released preliminary findings of its Compassionate Connectors Program which facilitates connections between healthcare providers and community groups such as neighbourhood groups, schools, workplaces and places of worship.

"We forget that death used to be an event that was centred around family and friends with a medical component," said research lead Professor Aoun.

"Now, it has shifted to being a medical event with less contact time within meaningful relationships.

"Improving death literacy through education is a critical prerequisite to enabling the community in a way that empowers meaningful change in how Australians approach end-of-life care and planning.

Research has estimated that the Compassionate Connectors Program has contributed to a \$561, 256 savings to the healthcare system over a six-month period. The research points to the fact that community-led support during end-of-life has correlated with a decline in both hospital admissions and length of stay during

admissions. Similarly, since the introduction of the program, the research has observed a 108 per cent increase in the use of community-based services. The program illustrates the importance of balancing "formal and informal networks to foster a more sustainable and affordable approach to care".

Dying to Know Day was held on Tuesday, 8 August with the aim of encouraging people to have hard conversations about end of life. The annual campaign is an initiative of The Groundswell Project to support adult Australians "to be strong self-advocates for their own personal planning when it comes to their future". Its aim is to build a community that helps us all "live, grieve and die better", and create better relationships with healthcare providers and community groups.

During the campaign, advocates spoke with NSW Parliament in a bid to compel the government to "to fund community-led approaches for end-of-life care".

Research conducted by Community Care Northern Beaches (CCNB) found that while 87 per cent of Australians agree that we need to engage in end-of-life planning, only 35 per cent of Australians have actually begun the process.

"Dying to Know Day asks Australians of all ages and stages of life to 'get dead set' around the reality of death and dying - because death is go-

ing to happen to us all," said CCNB CEO Karen Dawson. "By making important choices as individuals, we can create death literate communities that offer quality, person-centred support and care we all need at the end-of-life."

One area of end-of-life care to change in just over three months is the Voluntary Assisted Dying Act 2022 (the Act) which comes into effect on 28 November. The Act, which was passed by the NSW Parliament in May 2022, will allow eligible people living in NSW to access voluntary assisted dying services.

Groups such as Go Gentle Australia have advocated for encouraging open dialogue about end-of-life care, particularly voluntary assisted dying. Go Gentle Australia was founded by Australian media personality Andrew Denton, who vowed to see changes in legislation after watching the suffering of his father during his last months.

"As each law takes effect, we have heard grateful families describe the 'beautiful' and 'peaceful' deaths of those they loved," Denton said.

The common thread for all these advocates is the need for a more open dialogue about end-of-life whether expected or not. Dying to Know encourages Australians to #getdead-set about end of life by talking to loved ones today.

By Peach Robb



Call our 24 hour care line on: (02)4602 7008 0476 108 684

Our Services:

- No Service, No Attendance
- Cremations & Burials
- Church Services
- Memorial Services
- Pre-arrangement Needs

www.dwyerfamilyfunerals.com.au

Michelle Roffe FUNERAL SERVICES

Services tailored for your loved one
Let our family care for you personally.

Camden's only locally owned and family managed funeral home
Pre-arranged funeral plans available
All financial and personal circumstances considered

SERVICING ALL AREAS 24 HRS, 7 DAYS
CALL 4655 2800 or 0400 995 640
17 Hill Street Camden • mroffefuneralservices@bigpond.com • michelleroffefunerals.com.au

Experienced, friendly, calm, multi award winning celebrant

Weddings • Vow Renewal Commitments • Namings Funerals • Memorials

Let's have a chat
0417651658
hello@narellemurraycelebrant.com
www.narellemurraycelebrant.com

A caring approach to help you say farewell

As a family-owned business with years of experience in delivering that personal touch to funerals, Kenneally's know how to take care of the finer details to make your loved one's farewell the way it should be.

Why choose us

- Proudly Australian family owned and operated
- Tailored solutions for your personal finances
- Affordable pre-paid and pre-arranged funerals
- Arrangements can be made at your home.



Servicing Greater Sydney, the Macarthur and Wollondilly area
Call 02 4620 8822 or 02 9780 6972



kenneallysfunerals.com.au



When Mama Bear roars

There is a strange adrenaline that rushes over you when you see an injustice perpetrated on someone you love. Whether that be seeing that person in physical or emotional danger, or simply being forced into an unfair position, the "Mama Bear" claws come out. It's not just mums that get this rush; I am using that term loosely to really refer to anyone protective.

We all know the story of the mother who, in the height of the adrenaline rush, lifted the weight of a car to free her trapped child. As it turns out, hysterical strength is actually a thing, and many incidents have been recorded in recent years. There was the teen who saved a friend by lifting a vehicle, the mother who fought (and beat) a polar bear, and the woman who overpowered a dangerous man many times her size and usual strength. The list goes on if you care to jump down a rabbit hole.

We see versions of this "hysterical strength" in everyday parenting and caring all the time. Sometimes it's the speed with which you rush to your crying child.

I have one mum friend who is the single parent of a rather rambunctious young boy. She is under no illusions that he is often in the centre of the excitement, generally as a result of a lack of impulse control rather than meanness. When he gets in trouble for disruption or over-excitement, she's the first person to support the educators or adult carers in their response to him. However, when the other day he was accused of something completely out of his nature a different mama emerged. There is no way that she was going to let her little one be unfairly accused of bad behaviour. Even chatting with her after the fact, you could see the visible change in her response when defending her child.

Another parent I know stopped her adult friendship with the parent of a child who was verbally harming her child. She and the other parent had been friends for a few years, but as she observed a deterioration in the children's relationship, the friend did not and for my friend, that was a crossed line of no return.

The thing that is almost more enraging is when you see adults taking it upon themselves to "deal" with a child. I'm not talking about educators who have a deep understanding of events, they sometimes see our

darling ones for more hours a day than we do and often know what has happened. Teachers do get things wrong, but in my experience, they come to a situation from a place of optimism as well as knowledge. They want to see a positive solution for all of the children in the classroom.

Other adults, who are not in a position of care for our children generally do not come with the same optimism or knowledge. As a parent, it can be quite distressing to see a complete stranger taking it upon themselves to "fix" a situation.

I was horrified to hear of one situation where adults, decided children they did not know were doing the wrong thing, and instead of going through

Now this stranger thought she saw something that didn't actually happen, but how that justifies threatening a five-year-old I do not know.

Being so close to them, I saw the whole interaction and then saw this woman walk off satisfied she had saved the world from another delinquent. Then she met me. I went straight up to her and confronted her (adrenaline racing), to which she tried to justify her position. When I explained to her the entire situation and illustrated how they were not at fault, she was actually mortified. She apologised and shuffled off embarrassed.

Luckily, while I was shaking with adrenaline, I was conscious enough to be calm and clear. I can actually see how



the proper channels, decided to put those children in danger. Seeing their children in danger resulted in the parents and carers of those children finding their own "hysterical strength" in defending their children.

Just last week, I experienced a moment myself. A complete stranger saw my children in a situation they decided was problematic. Now for a little context, I was mere metres away, was watching their every move and know categorically this was a situation where my children were doing the right thing (something that we as self-aware parents know is not always the case). This complete stranger, not understanding the situation, approached my children and threatened them.

My Week ... Biggest Mama Battles ...
• Forgetting to remind DOH to pick up Mr 5's booster after

she misinterpreted the situation, but I do not see how this in any way justifies threatening a child. Thankfully, my "hysterical strength" in this situation was my calm. Rather than rush in like she did, I used my strength to diffuse the situation - while making it abundantly clear that threatening someone I love is beyond a no-go.

I will unwaveringly rush to my children's defence when needed, as often as I will be the first person to help them when they don't make great choices. When we say it takes a village, we don't mean, complete strangers get to weigh in.

Mumming Wins ...
• Have completed 1.75 out of 2 Book Week Costumes with two days to spare - having said that, the last touches are always the fiddliest, so chickens will be counted post



a playdate with a friend and having to organise carpark exchanges at school drop-off

• Realising en route to school Monday morning that Mr 5 had left his raincoat at a friend's place over the weekend, leaving not enough time to ask a friend to bring it along with the booster seat

parade
• Mr 5 watched Mr 9 complete his martial arts grading and jumped up and down when they called out his brother's name

• After two failed supermarket attempts I finally brought home the right flavour of yoghurt
Try this at home ...
If you're just looking for something to keep the little people occupied for a minute - there are a bunch of great brain-break websites with short fun activities for young ones. This website, <http://wearateachers.com/brain-breaks-for-kids>, has some excellent activities from quiet colouring to mindful activities such as meditation or yoga.

Science Week



The Powerhouse Museum is hosting the Sydney Science Festival, with presentations on everything from Understanding Alzheimers to Understanding El Nino.

Science enthusiasts, educators and students celebrate National Science Week across the country this week. Throughout the week, there will be more than 1000 events, hosted around Australia delivered by schools, universities, libraries, museums, research institutes and science centres. There will be a range of events, both in person and online all aimed at different audiences and age groups.

Science Week was established in 1997 as a means through which to celebrate Australia's achievements in science and technology. Today, more than a million people participate in the various science events.

As part of the celebrations, Powerhouse Museum is hosting the Sydney Science Festival. The festival's theme is Trace and "explores the many marks we leave on our environment and how scientists strive to understand the sources and



effects of different phenomena". Seminar topics include everything from Understanding Alzheimers to Understanding El Nino. On Saturday, 19 August, Powerhouse will host a Family Science Day in Parramatta Square which will include a host of family-friendly activities for science lovers of all ages.

Wollondilly Library will be hosting a range of free science-themed events over the course of the week including several sustainability-themed events. Attendees will have the chance to make their own slime, see

how 3D printing works with biodegradable filament and even learn how to make their own beauty products and reduce plastic waste.

For those looking to play along at home, there are many online webinars and resources. <http://Scienceweek.net.au> has pulled together a fun range of DIY science activities for the home scientists. There is everything from erasable pens to learning to distill water from plants using the sun. National Science Week runs from 12-20 August. Science Week.

By Peach Robb.

What are you looking for?

People across NSW are being encouraged to explore and celebrate everything vocational education and training offers during National Skills Week, which starts on Monday, 21 August. The Skills Week theme, "What are you looking for?", highlights the exciting education and career opportunities offered through Vocational Education and Training (VET) pathways.

NSW Department of Education Secretary Murat Dizdar said Skills Week aimed to overturn out-of-date perceptions about the opportunities vocational education offered. "Our job market is changing rapidly, and the vocational education sector has a key role to play in future-proofing existing and emerging industries," Mr Dizdar said. "Vocational education will

continue to support the traditional trades but is also crucial for new and emerging industries. For example, our clean energy future will provide terrific jobs based on many of our current trades."

Mr Dizdar said the line between a university, or a vocational education and training pathway was increasingly being blurred.

"Vocational education and training sits alongside university as an equal partner in the tertiary education sector and the future lies in increased collaboration between these two," he said.

"The future belongs to those who learn more skills and combine them in creative ways."

He said Skills Week was also an important time to highlight the work done in opening young people's eyes to the

career opportunities available through the School-based Apprenticeships and Traineeships (SBATs) program in NSW public schools.

Almost 3,000 students are currently undertaking SBATs in NSW public schools, a 9.5 per cent increase in participation that is bucking the national trend.

According to the National Centre for Vocational Education Research, NSW has almost 113,000 trainees and apprentices in training, which is more than any other state or territory.

Now in its 13th year, Skills Week celebrates the skills, talents, and career pathways of students, apprentices, trainees, and the wide range of industries they work in.

National Skills Week takes place from 21 - 27 August, with a launch at the Parliament of NSW on 22 August.

National Day of Action against Bullying and Violence



Friday, 18 August will mark the 2023 National Day of Action against Bullying and Violence. The 2023 theme is "Growing connections", which aims to promote the importance of connection and belonging in mitigating bullying, particularly in schools.

According to Bullying No Way, research has found that key factors that can lead to the prevention and mitigation of bullying in schools are "strong school community connections and social skills".

Not-for-profit yourtown, which delivers mental health and well-being services for young people and families, bullying was one of the top 10 concerns for children and young people in 2022. Yourtown offers a range of counselling and learning services including Kids Helpline, Australia's only free 24/7 support service for young people aged 5-25. Yourtown counsellors are available via webchat, telephone and email as well as providing a range of resources for individuals, schools and families.

"We encourage parents not only to lead by example by demonstrating respect, but to educate themselves about how and where bullying is conducted, including online, and to look out for the signs that something might be worrying their child," Adams said.

"We encourage parents not only to lead by example by demonstrating respect, but to educate themselves about how and where bullying is conducted, including online, and to look out for the signs that something might be worrying their child," said yourtown CEO Tracy Adams.

It is important to understand what constitutes bullying. While there are ongoing academic discussions about the nuances of bullying, there is an agreed national definition for bullying in schools. Bullying

involves the misuse of power in a relationship through repeated, intentional and ongoing verbal, physical or social (including digital) harm.

Bullying No Way provides a wide range of up-to-date resources for educators, students and families to understand bullying and better prevent its occurrence in schools. The Kids Helpline has also compiled some resources for schools to help open the dialogue about bullying. Similarly, the eSafety Commissioner is running a series of webinars throughout this week for public primary schools.

According to Adams, the key to bullying prevention and mitigation is ensuring that everyone is on the same page.

"We encourage parents not only to lead by example by demonstrating respect, but to educate themselves about how and where bullying is conducted, including online, and to look out for the signs that something might be worrying their child," Adams said.

To better understand bullying or access the resources available visit <http://bullyingnoway.gov.au>

Kids Helpline is a service designed to support young people aged 5-25. Young people are encouraged to access the service by visiting <http://kidshelpline.com.au> or calling 1800 55 1800.

Parentline NSW is a free telephone counselling service for parents and carers of young people from birth to 18 years. Parents and carers are encouraged to call 1300 1300 52 to access the service.

By Peach Robb



By Ewan Kennedy

Ewan Kennedy was a technical research librarian with the NRMA from 1970 until 1985. He was a freelance motoring journalist from 1977 until 1985, before taking a full-time position as technical editor with "Modern Motor". In 1987 he went. He is editor of "Australia's Best Used Cars" magazine and an associate member of the Society of Automotive Engineers - International. He set a Guinness World Record for the greatest distance travelled in a standard road vehicle on a single fuel fill.



2011 Hyundai Elantra

HYUNDAI ELANTRA 2011-2020

Hyundai i30 hatch has been a big seller in Australia, but the i30 sedan, until 2020, was confusingly called Elantra rather than i30, it is well worth consideration.

The fourth generation Elantra arrived here in August 2006. It's the one we are concentrating on in this used car check-out.

Styling at that time was unashamedly Korean, with the sort of lines that didn't appeal to Aussies. The fifth generation Elantra, from July 2011 is more European in style.

Then from February 2016 the gen-six Elantra arguably led the way on the international market with lines that some European cars look to be following - how things change...

You wouldn't call Elantra a sports sedan, but for its class it's not too bad. (See later note on Elantra SR Turbo.)

Elantra is almost a full four-seater for adults in its latest iteration, with each upgrade providing a slightly larger car with more interior space.

Power for the gen-four Elantra comes from 2.0-litre engine matched with either a five-speed manual or four-speed auto.

A new generation four-cylinder 1.8-litre engine arrived in the generation-five Elantra, power was transferred to the front wheels though manual or automatic transmission, both with six forward ratios. This responsive unit and added gears improved performance and reduced emissions.

An improved version of the 1.8 arrived with the Elantra in 2016. Its capacity was increased to 2.0 litres.

October 2016 saw Hyundai stick a toe-in-the-water with



2014 Hyundai Elantra Series II



2019 Hyundai Elantra

a medium-performance model called the Elantra SR Turbo. It has been reasonably successful and owners say they love them.

Late in 2018 the Elantra range received a facelift, with a cascading grille, redesigned headlights and taillights, an integrated bootlid spoiler and lower diffuser. Inside there's a revamped dashboard and a SuperVision infotainment cluster.

Hyundai Elantra Active gets an 8.0-inch touchscreen satellite navigation system paired with an eight-speaker Infinity premium audio system with a DAB+ radio, Apple CarPlay and Android Auto compatibility.

The Elantra name was dropped in late 2020 to be replaced by the i30 sedan.

WHAT TO LOOK FOR

A clicking noise when the steering wheel is turned could mean the coupling may be damaged.

Check the engine starts easily, especially if it's cold. Too long to crank up indicates possible problems.

A manual gearbox which crunches on fast downchanges could be due for an overhaul, or there may be a clutch problem.

The common third-to-second is the first change that generally suffers.

HOW MUCH?

Expect to pay from \$3000 to \$6000 for a 2011 Hyundai Elantra Elite; \$5500 to \$9000 for a 2012 Premium; \$8000 to \$13,000 for a 2015 Premium or a 2017 Active; \$9000 to \$14,000 for a 2016 Elite; \$12,000 to \$18,000 for a 2016 SR Turbo; \$14,000 to \$20,000 for a 2017 SR Turbo; \$15,000 to \$22,000 for a 2018 Sport Premium; and \$22,000 to \$30,000 for a 2020 Sport Premium.

Browse recalls at: www.productsafety.gov.au/products/transport/cars/

TOYOTA FORTUNER IS THE REAL DEAL IN 4WDS



By Alistair Kennedy

Rugged Fortuner has a bold front and tall bonnet.

Alistair Kennedy is Automotive News Service and Marque Publishing's business manager and the company's jack-of-all-trades. An accountant by profession, he designs the Marque range of motoring book titles, operates the company's motoring bookshop on the Central Coast and its web site, as well as its huge digital and hard-copy database. He occasionally leaves the office to cover new-vehicle releases and write news stories. He has written and published three books about cricket and family history.

Toyota Fortuner is a seven-seat SUV that's based on the HiLux pickup truck.

Though not generally known to Australians the Fortuner nameplate isn't new for Toyota. The first version, also based on the HiLux pickup of its day, has been around since 2005 where it sold as an Asia-only workhorse.

Fortuner arrived here 2015 and has been a consistent, if not spectacular, seller in the congested sub-\$70,000 large SUV segment, although it's more and old-style 4WD than an SUV.

Three variants are available, GX, GXL and Crusade priced at \$51,965, \$57,085 and \$64,945 respectively. All come with the same 2.8-litre turbo-diesel four-cylinder engine and six-speed automatic transmission.

STYLING

Fortuner has a bold front with a tall bonnet and dominant grille with chrome running off to wrap around projector headlights and large foglamps.

The body kicks up at the rear and carries slim rear windows, while a squared-off rear end fails to fit in, harking back to the days when the boxy Land-Cruiser was all the go.

INTERIOR

The front pair of seats are comfortable but don't provide what you would call sporty side support.

The premium character of the cabin is reinforced with soft-touch materials round the dashboard, windscreen pillars and door trims.

Fast becoming a rarity, the Fortuner's hand brake is the old pull-up ratchet type.

There is seating for up to seven, arranged in a 2-3-2 configuration. The 60/40 split-fold second-row seat has a one-touch slide and tumble feature while the 50/50 third-row seats, rather than folding flat, are stowable up against the side of the cargo compartment.

As is the norm with seven-

seater with all seats in place there is room for only 200 litres of luggage. With the rear rows folded there is 1080 litres. Only the Crusade gets a powered tailgate.

A full-size spare wheel is located under the boot floor.

ENGINES / TRANSMISSIONS

Maximum power from the 2.8-litre turbo-diesel engine is 150 kW at 3400 rpm with peak torque of 500 Nm from 1600 revs.

Transmission is six-speed automatic, the GXL and Crusade variants come with gear shift paddles.

SAFETY

Fortuner underwent ANAP testing in 2019 and received the maximum five stars.

Standard safety equipment includes seven airbags, stability and active traction control, reversing camera, pre-collision system with pedestrian and cyclist detection, lane departure alert and correction, active cruise control, road sign assist, trailer sway control, hill-start assist control and two ISOFIX child-seat mounts.

GXL adds downhill assist control while the top-spec Crusade gets a blind spot monitor, rear cross-traffic alert, and a panoramic view monitor.

The 2023 upgrade to HiLux and Fortuner added the Toyota Connected Services app-based communications system. The system allows owners to remotely check the status of the doors and lights, access information such as the vehicle's last known location and recent trips, or start the engine or climate control.

The system can also provide assistance in the event of an emergency where the airbags are deployed or if a collision is detected, by automatically notifying an emergency call centre and allowing the driver to communicate with the operator.

Maximum braked towing capacity is rated at 3100kg.



INFOTAINMENT

All Fortuners have a relatively basic eight-inch touch-screen with four physical buttons on either side and audio control knobs at the bottom. The driver gets a 4.2-inch Multi Information Display.

Satellite navigation and digital radio are optional in the GX and standard in the GXL and Crusade. The GX and GXL get six-speaker audio, Crusade steps up to an 11-speaker JBL premium system.

There's just a single USB-A port in the front console.

Other features include Bluetooth connectivity with Apple CarPlay and Android Auto connectivity (both wired), voice recognition, steering-wheel audio and telephone controls.

DRIVING

Despite its bulk, Fortuner is relatively easy to manoeuvre around town.

On the motorway it delivered the compliant ride expected of a premium SUV on bitumen.

Fortuner has excellent off-road ability.

Fuel consumption is listed at 7.6 litres per 100 kms on the combined urban/highway cycle. We averaged 9.4 L/100 kms on test.

SUMMING UP

Given the popularity of its HiLux sibling, the modest sales numbers of Fortuner are surprising. That's probably the result of a limited marketing push rather than any deficiencies in the vehicle and we'd suggest it's worth a comparative test drive with its bigger-selling rivals.

RATINGS

Looks: 8/10
Performance: 8/10
Safety: 7/10
Thirst: 8/10
Practicality: 8/10
Comfort: 7/10
Tech: 6/10
Value: 7/10
Prices do not include dealer or government charges.

Tahmoor gets its 'fantastic' sports centre



The new \$8 million Tahmoor District Sporting Complex Building

The new \$8 million Tahmoor District Sporting Complex Building was officially opened on Monday by the Mayor of Wollondilly, Matt Gould, and the Member for Camden, Sally Quinnett, representing Stephen Kamper, the Minister for Sport.

The project included: a two-storey multi-purpose building with changing rooms, amenities, function and meeting rooms and a kitchen; entry and roadway construction; two canteens and a commercial kitchen; a first-aid room; change place room; five storage rooms for user groups;

two umpire change rooms; landscaping; and a car park.

Cr Gould said, "It was an honour to be able to officially open this fantastic new building... the regional centre will attract sporting groups from all over NSW."

"We are very proud to have this brand-new state-of-the-



MP Judy Hannan, MP Sally Quinnett, Wollondilly Mayor Matt Gould and MP Angus Taylor

art facility within our shire." Ms Quinnett said projects like these created places that enabled communities to come together and increase participation in sport.

"Local sport infrastructure plays a critical role in keeping communities healthy, active and connected; and a number of clubs, schools and community groups are set to benefit from these improved facilities," she said.

Project funding came from

the Western Parkland City Liveability Program (part of the Western Sydney City Deal), Greater Cities Sports Facility Fund, Local Roads and Community Infrastructure Program, Resources for Regions Round 8, and Wollondilly Council.

The Western Sydney City Deal is a partnership between the Australian and NSW governments and the eight Councils of the Western Parkland City.

By Emily Perkins



Knights teams make the finals

Wollondilly Knights division two men's team

Both the Wollondilly Knights men's and women's senior AFL teams have made this year's Sydney region finals.

The men's division two team, having finished second on the ladder, are heading into a semi-final match this Saturday 19 at Kanebridge Oval against the ladder-leading North Shore Bombers.

The women's division four team, fourth on the ladder, will play in an elimination final on Sunday at Rosedale Oval against the St George Dragons.

The Knights played at home at Hannaford last Saturday. The men dominated the Southern Bulldogs 98-20, but the women lost 73-6 against the Randwick City Saints.

Throughout the season, the

Knights men's side has had 13 wins and four losses. The club president, Melinda Haskett, said players Chris Wolfe and Shaun Paget were among the top-five goal kickers for the entire division two competition.

"The team has a core of experienced leaders who have worked hard with their coach, Daniel Hockey, to mentor and bring together new and returning players," Ms Haskett said.

The Knights women's side are heading into the elimination finals with seven wins and eight losses throughout the season. Ms Haskett, who is also captain of the women's side, said the team had retained key players and added upcoming juniors and code-changers to their line-up.

The vice-captain of the women's side, Eliza Hockey, is also sitting in the top-10 goal kickers of the division.

The week of celebrations continued for the Knights when they received nominations for the 2023 AFL National Volunteer Awards. The club was nominated for 2023 Community Club of the Year. The Knights' Tracy Jedrzejewski was awarded NSW/ACT AFL female coach of the year.

Ms Jedrzejewski is now eligible to become a national volunteer award winner at the AFL National Volunteer Awards, where the prizes include a three-night package to attend the 2023 AFL Grand Final in September.

Ms Haskett said Ms Jedrzejewski had been around AFL for almost 20 years, playing



Wollondilly Knights division four women's team

key roles across the junior and senior clubs.

"Like all coaches, she often misses out on family events to train and coach her team, who consider her a great role model and support on and off the field," Ms Haskett said.

"The last three years, Tracy has coached the women's

team and has worked tirelessly to build uptake in the sport and promote AFL to women in our community."

To purchase tickets for the Knights finals matches, visit <https://www.eventbrite.com/d/australia--sydney/afl-sydney/>

By Sky Carrall

THE MOST AMAZING DESTINATIONS ALL HERE!

Australian Open Tennis 2024



ISSN 2653-6676



Departing Monday 22nd January – Friday 26th January 2024
Tour Cost \$2200.00 per person Twin Share (\$510.00 single supplement)
Departing Nowra at 6.00am with Pick-up' at Moss Vale Courthouse

DUE TO NEW REGULATIONS TO THE AUSTRALIAN OPEN TICKETS – ALL PACKAGES MUST BE PAID IN FULL BY 31ST AUGUST 2023. WE HAVE ONLY SECURED A CERTAIN NUMBER OF TICKETS, SO BE QUICK AND BOOK NOW.

Soak up the atmosphere of this great tennis event. We will be allocated 6 tennis games on Rod Laver Arena over the 2 days which you can attend. In addition to the Tennis, these days are yours to explore Melbourne.

Bass & Flinders Christmas Lunch Cruise



Day Trip: Wednesday 13th December 2023

Tour Cost \$235.00 per person

Pick Up Points: Nowra with Southern Highlands Transfers

Once arrived at Sans Souci, you will board the Bass and Flinders Cruise boat where you will cruise the scenic waters of the Georges River. You will be served a Christmas carvery to celebrate the festive season.

Call 1300 133 477 or 4421 7596

E: admin@kennedystours.com.au | www.kennedystours.com.au

Kennedy's Tours

Kennedy's Bus and Coach

...enjoy the experience

**BOOK
ONLINE**

